



CIVIL AIR PATROL - NORTHEAST REGION UNITED STATES AIR FORCE AUXILIARY PO Box 2379 SOUTH PORTLAND, ME 04116-2379



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- NER Website
<http://www.ner.cap.gov/>
- National Safety Pages
<http://members.gocivilairpatrol.com/safety/>

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September

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Status of the Region

Over the past week the East Coast has been devastated by Hurricane IRENE. The Storm raised havoc along its extensive path. In The Northeast Region we were hit hard with major Winds, Power Outages, Flooding and destruction.

In the aftermath of Irene, we are grateful for what we have and as an organization grateful for all the support that we have from our extended family.

Many have suffered serious property damage and emotional duress. In our duties within CAP, we have responded with honor and dignity and many have seen the result first hand.

In addition to all of this, like hundreds of thousands of others, we are now engaged in the difficult and prolonged recovery process. Some of us know this all to well as we also have been affected but continued to provide our support to others.

A Credit to all is that there have been no major accidents or injuries that have been reported by our members within the Region.

In this recovery process remember that there is support to all of you in the form of CAP Chaplain Services and CISM.

Reach out and remember aid for your Wing personnel that may have suffered some type of loss. We are a family and Family reaches out and helps its own during times of need.

If your Wing does not have a CISM team and needs assistance do not hesitate to advise NER/CIS. The Region can provide support or coordinate for support from a neighboring Wing.



The Region CIS Director

Jack N. Arena, Capt. CAP
Director

Critical Incident Stress Management
Northeast Region Headquarters, Civil Air Patrol

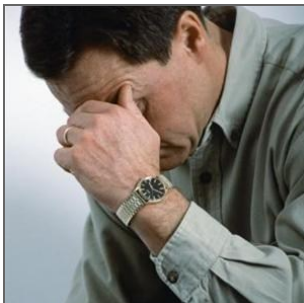
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Understand Disaster Events

- Everyone who sees or experiences a disaster is affected by it in some way.
- It is normal to feel anxious about your own safety and that of your family and close friends.
- Profound sadness, grief, and anger are normal reactions to an abnormal event.
- Acknowledging your feelings helps you recover.
- Focusing on your strengths and abilities helps you heal.
- Accepting help from community programs and resources is healthy.
- Everyone has different needs and different ways of coping.
- It is common to want to strike back at people who have caused great pain.



Children and older adults are of special concern in the aftermath of disasters. Even individuals who experience a disaster “second hand” through exposure to extensive media coverage can be affected.

Contact local faith-based organizations, voluntary agencies, or professional counselors for counseling. Additionally, FEMA and state and local governments of the affected area may provide crisis counseling assistance.

Recognize Signs of Disaster Related Stress

When adults have the following signs, they might need crisis counseling or stress management assistance:

- Difficulty communicating thoughts.
- Difficulty sleeping.
- Difficulty maintaining balance in their lives.
- Low threshold of frustration.
- Increased use of drugs/alcohol.
- Limited attention span.

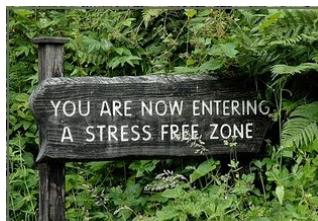
- Poor work performance.
 - Headaches/stomach problems.
 - Tunnel vision/muffled hearing.
 - Colds or flu-like symptoms.
 - Disorientation or confusion.
 - Difficulty concentrating.
 - Reluctance to leave home.
 - Depression, sadness.
 - Feelings of hopelessness.
 - Mood-swings and easy bouts of crying.
 - Overwhelming guilt and self-doubt.
- Fear of crowds, strangers, or being alone.**

Easing Disaster-Related Stress

The following are ways to ease disaster-related stress:

- Talk with someone about your feelings - anger, sorrow, and other emotions - even though it may be difficult.
- Seek help from professional counselors who deal with post-disaster stress.
- Do not hold yourself responsible for the disastrous event or be frustrated because you feel you cannot help directly in the rescue work.
- Take steps to promote your own physical and emotional healing by healthy eating, rest, exercise, relaxation, and meditation.
- Maintain a normal family and daily routine, limiting demanding responsibilities on yourself and your family.
- Spend time with family and friends.
- Participate in memorials.
- Use existing support groups of family, friends, and religious institutions.

Ensure you are ready for future events by restocking your disaster supplies kits and updating your family disaster plan. Doing these positive actions can be comforting.



After The Storm

Your first concern after a disaster is your family's health and safety. You need to consider possible safety issues and monitor family health and well-being.

Aiding the Injured

Check for injuries. Do not attempt to move seriously injured persons unless they are in immediate danger of death or further injury. If you must move an unconscious person, first stabilize the neck and back, then call for help immediately.

If the victim is not breathing, carefully position the victim for artificial respiration, clear the airway, and commence mouth-to-mouth resuscitation.

Maintain body temperature with blankets. Be sure the victim does not become overheated. Never try to feed liquids to an unconscious person.

Health

Be aware of exhaustion. Don't try to do too much at once. Set priorities and pace yourself. Get enough rest.

Drink plenty of clean water.. Eat well.. Wear sturdy work boots and gloves.

Wash your hands thoroughly with soap and clean water often when working in debris.

Safety Issues

Be aware of new safety issues created by the disaster. Watch for washed out roads, contaminated buildings, contaminated water, gas leaks, broken glass, damaged electrical wiring, and slippery floors.

Inform local authorities about health and safety issues, including chemical spills, downed power lines, washed out roads, smoldering insulation, and dead animals.

Information from FEMA.gov



After a Flood

The following are guidelines for the period following a flood:

- Listen for news reports to learn whether the community's water supply is safe to drink.
- Avoid floodwaters; water may be contaminated by oil, gasoline, or raw sewage. Water may also be electrically charged from underground or downed power lines.
- Avoid moving water.
- Be aware of areas where floodwaters have receded. Roads may have weakened and could collapse under the weight of a car.
- Stay away from downed power lines, and report them to the power company.
- Return home only when authorities indicate it is safe.
- Stay out of any building if it is surrounded by floodwaters.
- Use extreme caution when entering buildings; there may be hidden damage, particularly in foundations.
- Service damaged septic tanks, cesspools, pits, and leaching systems as soon as possible. Damaged sewage systems are serious health hazards.
- Clean and disinfect everything that got wet. Mud left from floodwater can contain sewage and chemicals.

[Recovering from and coping with flood damaged property](#)

Information from FEMA.gov

BACK TO SCHOOL DRIVING SAFETY



The days are a little cooler, and there's a crisp feeling to the air which is filled with the sounds of children groaning. What can this be? It can only mean one thing: School is back in session. And, after a summer filled with easy driving with seemingly little traffic, the transition to crowded roadways teeming with people can be a difficult one. The most important thing to remember this back to school season is to make sure that you and those around you are safe when out on the road.

1.) Observe School Zone Speeds

Although you should be obeying posted speed limits all the time, it is especially important during the school year. Children are continually crossing roads on their way to and from school and often aren't paying attention, so going slowly and being vigilant is extremely crucial to keeping kids safe. In addition, children are often out at recess, lunch hour, and for certain classes, so it's important to drive slowly the whole day and not just during high traffic times in the morning and afternoon.

2.) Obey the Crossing Guard

The crossing guard is there to keep

children safe. So, if you come up to a set of lights, and the light turns green in your favour, but the crossing guard still says stop, his/her direction takes precedence. There might be a child still crossing the street that you can't see or something else. Whatever the reason, they are trying to keep kids from harm, so it's important to do what they say.

3.) Exercise Caution around School Buses

The school bus is a great way for kids to get to and from school, however, because of the large amount of children entering and exiting the bus at various stops, it's imperative that extra caution is used when driving around a school bus. Obviously, you shouldn't pass a school bus when the signal lights are flashing (as kids are often crossing the road at that time), and in addition, you should always watch your speed around school buses as a generally precautionary measure.



4.) Watch for Darting Children

Kids are small, excitable creatures and unfortunately for drivers, this can create dangerous situations on the roads. It's important to be continually

vigilant and alert behind the wheel this back to school season. You never know when a small child might dart out from between two parked cars and your fast reflexes are what's needed to prevent an accident.

5.) Don't Forget about the Frosh

It's back to school season for more than just little kids. If you live in an area that has a college or university, you're probably used to the massive number of students invading your home town each fall, and probably don't think much of it. However these students are often not as cautious as they normally would be (especially if it's their freshman year), and cross the roads without looking. Being extra vigilant around these students could save both an accident and a life.

The back to school season is a time of excitement and new beginnings, but before you head out on the road this season, be sure to refresh your memory on safe driving tips, so that everyone's new beginning is a safe one.



Chain Saw Safety

Here are some helpful tips on using a chain saw to clean up debris after a storm.

The chain saw is a time saving and efficient power tool. It can be unforgiving and lethal, however, causing injury or death in the hands of a uninformed and unaware operator.

It is not the chain saw causing the accidents or injuries but the environment in which it is used.



Read your safety manual that came with your chain saw. If you are going to help clear tree and wood debris, you should wear at least:

A helmet system (consisting of head, face and hearing protection)

Cotton or leather gloves

Chain saw protective chaps or chain saw protective pants (UL Listed)

A pair of chain saw protective work boots with steel toes. These are required by OSHA reg. 1910.266 for all employed chain saw operators.

Read your owner's manual concerning kickback. To reduce the risk of kickback injury:

Use a reduced kickback bar, low kickback chain and chain brake

Avoid contact between the bar tip and any object

Hold the chain saw firmly with both hands

Do not over-reach

Do not cut above shoulder height

Check the chain brake frequently

Make sure that your chain saw has these features, and that the features are working:

Chain brake (manual or inertia)

Chain catcher

Working safety throttle switch

Working on/off switch

Spark arrester

Make sure your chain saw carburetor is properly adjusted. This should be done by a trained servicing dealer. A misadjusted carburetor will cause stalling or poor performance and

could cause the operator to be injured.

Fill a gas-powered chain saw when the engine is cool.

If the saw is out of gas, let it cool 30 minutes before refueling.

Do not smoke when refueling the saw! Use a chain saw outdoors only.

Have several commercially sharpened saw chains to match your chain saw and bar.

THIS IS VERY IMPORTANT!

You can immediately dull a chain saw chain by hitting the ground with the tip, or cutting dirty wood,

hitting a rock or nails. It is very tiring to cut with a dull chain and the extra pressure you apply to the chain saw to cut faster will only increase your chance of an injury!

Look out for hazards!

Broken or hanging branches, attached vines, or a dead tree that is leaning. All of these hazards can cause the chain saw operator to be injured.

If you have to cut a dead tree, be very careful! The top could break off and kill you.

If the tree is broken and under pressure, make sure you know which way the pressure is going. If you're not sure, make small cuts to release some of the pressure before cutting up the section.

Be careful of young trees that other trees have fallen on. They act like spring poles and may propel the chain saw back into your leg.

Felling a dangerous broken tree should be left to a professional cutter.

A downed tree may weigh several tons and can easily injure or kill an unaware chain saw operator. More injuries occur during clean up after a hurricane than during the storm.

Never cut when tired or alone.

Most woodcutting accidents occur late in the afternoon when most people are pushing to finish up for the day. Always work with a partner but never around children or pets.

Use a chain saw from the ground level only, not on a ladder or in a tree.

When felling a tree, keep everyone at least "two tree lengths away."

School Buses Are Like Traffic Signals



Checklist for Students

- Clean out your social network accounts. Delete any messages or postings that you may not want your teachers, peers or parents to see. You may also choose to delete older messages and postings that are no longer relevant.
- Review privacy and security settings for your social network accounts. These websites frequently introduce new security features that users can opt for.
- Look over your contact list. This allows you to delete contacts that you no longer speak with, as well as add new friends that you've met over the summer.
- Discuss parental controls with your family. Are these controls strong enough to keep you safe online? Are they too restrictive for your maturity level?
- Consider establishing "code words" to use with family and friends. Online predators sometimes pose as friends or family members to trick victims. Establishing "code words" will help ensure you are speaking to the real person.



Reset your passwords. Passwords should be changed every 90 days. Be sure to create a complex password at least seven to eight characters long, consisting of uppercase and lowercase letters, digits and symbols.



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Remember—Remember –Remember

We take Safety very seriously and Safety is an everyday thing that needs to be included in everything that we do. Safety can not be neglected or bypassed just because it is more convenient to do so.

BE SAFE

SafeTips

Scams and fraud



After the Storm, Hang On- to Your Wallet

Natural disasters can bring out the best in people. It can also bring out the worst.

Home Repair Rip-Offs

Watch out for these guys who may show up at your door after a storm. First, contact your insurance company. Some insurance companies require an adjuster's approval before work can be done. Never pay for repairs upfront, and seek out reputable contractors. You should also get three written estimates and compare bids.

Always check credentials and contact the Better Business Bureau to learn about any complaints against a contractor. Before work begins make sure you get a written contract that lists all the work to be performed, its costs and a completion date

SafeTips

What should be discarded after a power outage?

As soon as the power returns, check temperatures. If the food in the freezer has ice crystals and is not above 40 degrees you can refreeze. Perishable foods in the refrigerator should not be above 40 degrees F. for more than two hours.

A digital quick-response thermometer to check Food

- With these thermometers you can quickly check the internal temperatures of food for doneness and safety.

